

## National Marriage Week: Building a culture of life and love USCCB Theme for 2021: To Have, To Hold, To Honor

We are called to give everything to our spouse in total gift of self. We can offer our love in sickness and in health, for richer or poorer—to love and to honor until death. For many of us, this year has been a year of sickness and loss, financial pressure, and job changes, with a lot of strain on our marriages. The demands have been great and came without warning—including helping our children during school closure, caring for aging parents, and trying to reach out to those in isolation. The sacrament of marriage provides the grace to weather the storms. Christ promised he will remain with us. We can reach out to Christ and our church for healing, and we can bring healing to others. We live in a time that demands our courage and creativity.

Many newly married couples are especially struggling right now. They don't have experience to draw from, and they may not know how to communicate in ways that mature couples have learned. They may be caught up in their own needs, in control issues, and in fear, rather than in the gifts of love they can give to their spouse. Some turn to unhealthy ways of coping, like pornography and substance abuse. Domestic violence is on the rise.

National Marriage Week is about bringing conversations about marriage and family life into the foreground. It's an invitation to think about our wedding vows, and how we are living them out. It's a time to think about how we have grown since our wedding day, and how we can give greater love and honor to our spouse. It's a time for nurturing relationships, for building up our Church, for thanksgiving, and for finding better ways to live in the midst of challenges.

We can pray for marriages in crisis. We can rededicate our families to going to Mass and receiving the Eucharist, or to being present for times of adoration. We can join together to pray the rosary, and set aside time each day to be fully present to our families. We can find creative, healthy ways to support other families who need our presence.

During National Marriage Week, throughout our diocese we are finding ways to celebrate, opportunities for sacramental presence, and marriage support. In many parishes there will be Masses in celebration of marriage, particularly on February 11<sup>th</sup>, the feast of Our Lady of Lourdes. Bishop Solis will be renewing marriage vows on February 13<sup>th</sup> at 5 pm after our speaker presentation.

We welcome speakers Andrew and Terri Lyke, whose mission is to strengthen marriages through education, spiritual formation, and support. They have been advisors to the USCCB committee on Marriage and the Family. Their presentation is from 2 to 4:45 on Saturday, February 13<sup>th</sup>. A link will be made available in the Intermountain Catholic.

During National Marriage Week, find a creative, informative, or fun way to enrich your marriage. Some possibilities include:

**Feb 7:** The Domestic Church

**Feb 8:** "For Your Marriage"

**Feb 9:** Beloved: Finding Happiness in Marriage

**Feb 10:** 1. Theology of the Body: What is it?

2. Choose a reading from the Pontifical John Paul II Institute for Studies on Marriage and the Family

**Feb 11:** Feast of Our Lady of Lourdes:

Masses in Celebration of Marriage throughout the Diocese

**Feb 12:** Consider watching The Chosen: The Wedding at Cana:

[The First Original Series About Jesus Christ | The Chosen TV \(vidangel.com\)](#)

**Feb 13:** *"Couples Check-in: Strategies for troubled times"*

Andrew and Terri Lyke Diocesan presentation

2 pm to 4:45 pm

Renewal of vows with Bishop Solis, 5 pm

**Feb 14:** Witness to Love: Be Light Date Night

### **Diocese of Salt Lake Resources for Marriage Enrichment:**

<https://www.dioslc.org/respect-for-life/support-for-marriage-and>

### **Resources for this week:**

[National Marriage Week | USCCB](#)—<https://www.usccb.org/topics/marriage-and-family-life-ministries/national-marriage-week>

With preaching resources and prayers

We thank the Archdiocese of Dubuque for specific recommendations.

For further information or questions, contact: [diocesanrespectlifecommission@dioslc.org](mailto:diocesanrespectlifecommission@dioslc.org)

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The Domestic Church - For Your Marriage

USCCB website—<https://www.foryourmarriage.org/family-life-parenting/living-the-domestic-church>

Every family is called to be a place of prayer, service, and love – a “little Church of the home.” Families naturally do this in their day-to-day lives: “The spirituality of family love is made up of thousands of small but real gestures” (Pope Francis, *Amoris Laetitia*, no. 315). They do this by strengthening the bonds of love among their members, and by asking the Lord’s presence into their homes. There are so many ways to make your family a domestic Church, and the content here can provide guidance and support.

For Your Marriage:

USCCB website—<https://www.foryourmarriage.org>

Especially: <https://www.foryourmarriage.org/married-life/enriching-your-marriage>

Presents ways to nurture your relationship: intentional couple-time, learning more about your mission as a married couple, and growing in communication skills.

Beloved: Finding Happiness in Marriage

Created by the Augustine Institute, Beloved is a 12-part video series that explores the meaning of marriage and how to live it out together. Each session includes about 30 minutes of video content presented by well-known Catholic authors and speakers. The program is available online with a subscription to FORMED.org, a Catholic video and audio streaming platform. Also available in Spanish.

Theology of the Body:

<https://www.usccb.org/issues-and-action/marriage-and-family/natural-family-planning/catholic-teaching/theology-of-the-body>

For a deeper look at John Paul II’s theology of the body, the Theology of the Body Institute seeks to provide beautiful and compelling answers to the deepest questions we ask about who we are, why we are here, and how we can be happy.

<https://tobinstitute.org>

The Virtues Marriage Enrichment Series

John and Teri Bosio’s program for married couples, The Virtues, is currently available online, so couples can watch it together at home. The program consists of 4 short videos about the cardinal virtues: Prudence, Justice, Courage, and Temperance. Learn more and access the program at [www.the-virtues.net/online-free-program](http://www.the-virtues.net/online-free-program).

Witness to Love: Be Light Date Night Series

The Witness to Love marriage apostolate is offering a Marriage Renewal Date Night Series. This 5-part online series features couples who will share real tips for renewing your marriage during this unique time in our lives. The apostolate also recently launched Be Light: Year of Belonging, which is the first year of a five-year movement to draw married couples closer together in Christ while being transformed into family missionary disciples. Visit [www.witnessstolove.org/belight](http://www.witnessstolove.org/belight) to learn more.

Are you and your partner facing difficult challenges? The Retrouvaille ministry is now available all over the world to help rebuild relationships, with practical advice to improve communication and to provide tools to rediscover love. Connect at [www.helpyourmarriage.org](http://www.helpyourmarriage.org). Are you and your spouse willing to help struggling couples? Contact Retrouvaille! This is a wonderful gift, available on-line with opportunities to help throughout the year.

Under financial strain and looking for options?

The Walking with Moms in Need ministry can connect you with a lot of resources. Contact your deacon or pastor, or reach out to us at the Diocese: [diocesanrespectlifecommission@dioslc.org](mailto:diocesanrespectlifecommission@dioslc.org)

Struggling with substance abuse or mental health?

Free hotline: Substance Abuse and Mental Health Services Administration Helpline (800-662-4357)

For help in Domestic Violence:

National Domestic Violence Hotline (800-799-SAFE (7233))

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